



Referees and Their Duties

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NFHS Wrestling Rules Interpreters Meeting

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Pre-season Preparation

Physical approach

- Annual physical
- Proper nutrition and diet
- Exercise program

Mental approach

- Know the rules
- Attend rules meeting
- Attend association meetings

Pre-season Preparation

Psychological approach

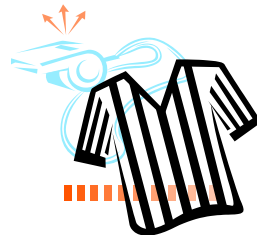
- Self Image
- Understanding relationships within the match
- Desire to be the best
 - Attend clinics, camps, scrimmages, try-out



Pre-season Preparation

Professional approach

- Look professional
- Polish pre-meet duties and conference with coaches and athletes
- Practice signals
- “Test drive” your uniforms and shoes



In-season Duties

FACE

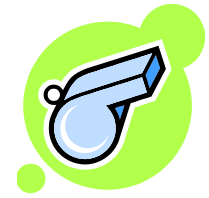
- Focus
 - Anticipation
 - Communication
 - Evaluation
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- Adapted from Dave Sabaini, Indiana State University,
and chair of the NFHS Quarterly Publications
Committee

Focus

Focus

- Most essential attribute of great officials
- Match is center of your attention
- Concentrate into what is happening in the match
- Consistency- training and study allows officials to get the call right
- Be fair, firm in enforcing rules

Anticipation



Proper Positioning

- To make the next call
- To ensure safety of participants
- Preventing officiating
- Executing proper mechanics

Understand rules, situations and techniques of the sport

- Let action determine the outcome
- Judgment
 - Must meet any situation promptly and in spirit of fairness and sportsmanship



Communication

Pre-match duties – clarify new rules and your expectations of athletes and coaches

- Skin checks
- Weigh-ins
- Stress sportsmanship
- Review signals and new rules with head table
- Look and act professional- first impressions
 - Body language
 - Maximum effort every match

Evaluation

Honesty

- Identify your strengths and weaknesses
- Make accurate evaluation of performance

Humble

- Treat coaches and athletes with respect
- Admit mistakes
- Don't make yourself bigger than the match
- Be a great partner of the sport of wrestling

Integrity